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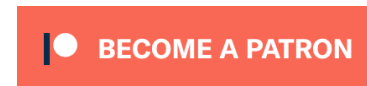
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AF0034

Carriers) (Manspack

G.S.

NOTES ON USE



CARRIER MANPACK GS

Notes on Use

Wearing the Carrier.

1. To wear the carrier put the arms through the two shoulder straps. Fasten the chest strap across the chest tight enough to bring the shoulder straps into a vertical position.
2. Adjust the length of the shoulder straps by the quick release buckles so that the lowest of the four straps which go round the frame rests at the junction of buttocks and the small of the back.
3. If it is necessary for the carrier to be very stable fasten the waist strap round the body. You may find it more comfortable to use it always.
4. The head strap should be used with very heavy loads, and also to give the back muscles a rest during a long carry. Adjust it so that when it is tight over the hair-line of the forehead and the head pushed forward and down, the weight of the load is taken off the back.

Warning: Do not try to use the headstrap for long stretches until you are used to it, or you will get a stiff neck. Special PT exercises help this.

5. Keep the 4 wide straps round the frame as tight as possible. The frame should never touch the back. The lowest one is the most important and it can be tightened when in wear by pulling hard on the ends of the waist strap.
6. Continuous use of the carrier will show how it can be most comfortable. Adjust the length of shoulder straps, and the position of chest and waist straps until they are comfortable. Adjust them frequently until you find the best positions for you.
7. Sometimes ease the load as you go by holding the shoulder straps away from the body. Set the carrier on a bank or stump if you need a rest.
8. Never drop the carrier off the back on to the ground.

Quick Release Buckle.

This is simple when you know it. Of the pair of buckles the one with a bar is the upper and the one without a bar the lower.

- (a) Pass the long end of the strap up through both buckles, over the bar on the upper and down through both buckles.
- (b) The long end goes from back to front of the buckles, that is, from the side where both buckles are joined, to the side where they are open.

(c) To tighten the strap simply pull the long end. If fastened correctly it will not slip.

(d) To release pull the short tab on the upper buckle upwards and backwards.

Loading the Carrier.

1. Load the carrier flat on the ground and place the load, which should be as compact as possible, high on the frame. It is easier to carry a heavy load high on the shoulders.

2. Fasten the load to the frame with the three long loading straps. These may be used as is most convenient, to the shape of the load, usually two vertically and one horizontally. Pass the straps through the long narrow slots in the sides and top of the frame.

If the load is regular in shape rest the bottom of it on the moveable platform. This fits on any of the cross bars and may be fixed on one of the lower ones when not in use.

3. A normal load for an average man is 40 lbs. With practice or exceptional physique 60 - 80 lbs.

The 3" mortar may be carried on 3 manpack carriers.



*Read
Carefully*

*BEFORE USING
the
Equipment*



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